

**RAINBOW MESSENGER**  
**MARCH, 2005**



**WALKING:** The banquet room will open for walking most weekday mornings at 8:00 a.m. If you walk 25 laps around the room you've walked a mile. The room is climate controlled for your comfort. The days the room will be occupied are: Wednesday, March 9<sup>th</sup> and Friday, March 25<sup>th</sup>.



**FITNESS ROOM:** Our fitness room is open from 8 a.m. to 3:45 p.m. for you to use. We ask you to sign-in and out at the receptionists' desk. The fitness room is located in the lower level. We have 2 treadmills, 3 recumbent bicycles, another stationary bike, plus a "Cybex" machine that gives you several different exercises to workout for different areas of the body.



**BILLIARDS/POOL:** You can enjoy playing pool Monday, Tuesday, Thursday and Friday from 8:00 a.m. to 3:45 p.m. We request you not **start your games on Wednesdays until 1:00 p.m.** We have a full size pool table plus a bumper pool table for you to play on. Thanks for your cooperation.



**EXERCISE CLASS:** Mondays and Thursdays our Exercise Class meets at 9:00 a.m. Our exercises are designed to keep your joints limber. We finish with the "Chicken Dance" and the "Hokey Pokey".

**TCE/VITA TAX ASSISTANCE:** The local Center's: Older Americans, Huntingburg and Ferdinand will offer income tax assistance for Senior Citizens. Volunteers will be available to file your income taxes by appointment. The following gives each Center's date and time the volunteers will be available. Please call for an appointment first.

**OLDER AMERICANS** will have volunteers available on **Mondays and Fridays during March.** For appointments call: **482-4455** to make an appointment.

**HUNTINGBURG SENIOR CENTER** will take appointments for Mondays. To make an appointment call: **683-2994.**

**FERDINAND SENIOR CENTER** will offer assistance on Tuesdays to file income taxes by appointment. To make an appointment call: **367-2300.**

**BIRDSEYE** area call: **389-2902** for appointments only.

**BE SURE TO BRING:** Copy of last year's tax returns (**2003**), all forms – W-2's and 1099's, information for other income, information for all deductions and/or credits. (Basically any form of income.) **Please wait until you have all of your papers before making an appointment.**



**FREE COMPUTER ASSISTANCE:** Do you have questions about how to use a computer? E-Mail? Use the Internet? Or anything else you would like to learn? We have Volunteers that come in on Wednesday mornings from 9:00 to 10:30 a.m. They will be glad to answer your questions and give you helpful tips!! The Computer Lab will be busy on Mondays and Fridays in March, as we will be having our tax appointments in there. Thanks for your cooperation.

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**GAMES:** Every Friday we offer games all day until 3:45 p.m. Bring your friends in for a fun afternoon. We have several different games for you and your friends to play. They are Rummicube, Double Nine Domino's, Scrabble, Tripoley and of course cards. These games are in the TV room on the main floor and available Monday-Friday for your enjoyment from 8:00 a.m. to 3:45 p.m. The computer lab has games on the computers which are available most Tuesday, Wednesday and Thursdays from 8:00 a.m. to 3:45 p.m. We also have: Ping Pong, Bumper Pool, Pool/Billiards and a portable Shuffle Board Court in the lower level. These games are available 8:00 a.m. to 3:45 p.m. weekdays except Wednesday, when we ask you to please wait until 1:00 p.m. to start your games.

**SUNDAYS AT THE CENTER:** Would you like the Center open on Sunday afternoons? If so, it is up to you to volunteer to open. Please call the Center at: 482-4455 a week in advance to volunteer so I can get it in the paper. If someone volunteers to open the Center, the **Sunday hours are: 1:30 to 4:30 p.m. The Older Americans will be closed on Easter Sunday, March 27<sup>th</sup>.**



**CRAFTY CREW:** Come and "Paint It" or "Craft It" and have fun with us. Learn new techniques every Tuesday from 9 a.m. – 12 p.m. Class fee \$1.00,

includes use of some supplies.

**Schedule for March:**

- March 1<sup>st</sup> - Shell Mirror
- March 8<sup>th</sup> - Clay Cut-Outs (Easter)
- March 15<sup>th</sup> - Bunnies & Eggs
- March 22<sup>nd</sup> - Dye & Package Easter Eggs
- March 29<sup>th</sup> - Learn to Crochet

**COLORED EASTER EGGS:** We will be taking orders for colored eggs for Easter again this year. One (1) dozen eggs will be \$3.00. Call the Center at: 482-4455 by Monday, March 21<sup>st</sup> to order your colored Easter Eggs. You can pick them up between 8:00 a.m. and 3:45 p.m. on Wednesday, March 23<sup>rd</sup> and Thursday March 24<sup>th</sup>.

**ANNUAL GREEN CARNATION SALE:** It's time again for the R.S.V.P's & Older Americans annual Green Carnation Sale. This year we will be selling colored carnations of: green, pink and yellow for \$1.00. The deliveries will be made on Thursday, March 17<sup>th</sup>. Stand sells will be on Friday, March 18<sup>th</sup>. Please buy a carnation or two (2) to help each program out. If you would like to volunteer to help sell at a stand, call R.S.V.P. at: 482-2233 or if you'd prefer to help deliver, call the Center at: 482-4455.



**SINGING SENIORS:** Join the Singing Seniors on Fridays at 10:00 a.m. in the banquet room. If you like to sing, come in and join us! The Singing Seniors will be performing at our catered meal on **Thursday, March 31<sup>st</sup>**. They're really good so make plans to attend this performance!!

**CARD TOURNEYS:** Rum (low) Tourney – Thursday, March 3<sup>rd</sup> and Cinch Tourney – Thursday, March 10<sup>th</sup>. Both tourneys start at 12:00 (noon) and consist of six (6) games a tourney. Entry fee is \$1.00 each. Prizes are awarded. Please sign-up by 10:00 a.m. the morning of the tourney. Hope you will join us!!



**BLOOD PRESSURE CHECKS** will be held on Tuesday, March 8<sup>th</sup> from 11:30 a.m. to 12:00 noon.

**BINGO:** Mark your calendars for Bingo on Tuesday, March 8<sup>th</sup> and 29<sup>th</sup>. Games start at 12:00 noon. After selecting your cards, please tell whoever is at the front table how many cards you will be playing so she can add all the cards and figure up the pot. Regular games are \$.02 a card and our coverall is \$.03 a card. We have plenty of bingo cards for everyone to play now!! Don't miss out on the fun!!! **SECOND BINGO FALLS ONE WEEK LATER THIS MONTH.**

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**MOVIES & POPCORN:** March Madness is here in Indiana!! The girls state tournament is over, the boys state tournament is starting up and the NCAA and NIT Tournaments will be starting soon. What better time to watch the movie "**HOOSIERS**". The movie is about a college coach who arrives at Hickory, Indiana to teach and coach the High School's basketball team. Come see what happens. The movie will start at **1:00 p.m. on Wednesday, March 30<sup>th</sup>**.

**LUNCH OUT:** We're going to El Rio Grande 2 for our Lunch Out this month. As in the past it's dutch treat for your lunch on **Wednesday, March 9<sup>th</sup>**. We'll meet there at 12:00 for lunch. Hope you can join us. They are located in the former Paco's building. **Reservations are due by 3:00 p.m. on Monday, March 7<sup>th</sup>** at the Center: 482-4455.

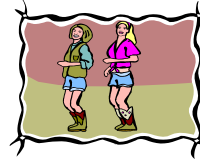
**CATERED MEAL:** Join us for our catered meal on **Thursday, March 31<sup>st</sup> at 11:30 a.m.** at the Arnold F. Habig Community Center. The Mill House will cater the meal. The menu is: Basil Herb Chicken, Roasted Potatoes, Green Beans, Pasta Salad and Decaf Coffee or Iced Tea. Cost of the meal is \$7.50 payable the day of the meal. Reservations are due by **12:00 noon on Thursday, March 24<sup>th</sup>**.

After lunch the Singing Seniors from the Older Americans will perform for you! Please stay for them to entertain you for a short performance. They're really good.



**QUILTING BEE'S:** We will hold the March quilting bees on **Monday, March 14<sup>th</sup>** and **March 28<sup>th</sup>**. Our quilting bees run from 9:00 a.m. to 3:00 p.m.

All quilters are invited. The Center will provide lunch for all quilters. Hope you can attend, every stitch counts!!



**LINE DANCE CLASSES:** Come join the fun at the Arnold F. Habig Community Center on Wednesday evenings. Line Dancing Classes, instructed by LaVerne Lechner, run from 6:00 – 7:30 p.m. every Wednesday evening **except for Wednesday, March 9<sup>th</sup>** for Dubois County Senior Citizens 55 years and older. They are designed for beginners. All persons attending should wear tennis shoes. Class sessions will cost \$3.00 per dancer, payable each session. For more information call 482-4455. Hope to see you there!!

**CITY WEB SITE:** The City of Jasper has a new web site. It is: [www.jasperindiana.gov](http://www.jasperindiana.gov). You will then be in the home page. To be able to pull up our Monthly Calendar click on:

- City Departments
- Click - Park & Recreation
- Click - Older American

Then put cursor on Older American Activities and you will have three (3) choices to pick from.

**Also:** on the Home Page go to City Calendar and click on Senior Activities and that will give the month of events for the Older Americans. If you have any questions, please feel free to call us at: 482-4455 and we will be more than happy to help you. Welcome to the new Web Site.

**TRIP:** Upon popular request a trip to Casino Aztar is planned for **Monday, April 4<sup>th</sup>**. Three (3) busses are reserved for this trip. We'll leave the Armory at 8:00 a.m. Pick-ups can be made in Huntingburg upon request. Cost of the trip is \$10.00 per person for: transportation on a charter coach, \$5.00 tokens and a buffet meal. We must remain on the Casino Aztar property 5 hours to receive this deal. Please bring correct amount. People can sign-up to four (4) Dubois County Senior Citizens age 55 and over. Sign-ups start at **1:00 p.m. on Monday, March 7<sup>th</sup>** in the Arnold F. Habig Community Room. Please bring the names and at least one (1) phone number per group. We will arrive home approximately 4:15 p.m. Don't forget to bring a photo ID in case you win the **BIG MONEY!!!**

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**CLOSINGS:** The Older Americans will be closed  
the following dates:

**Good Friday, March 25<sup>th</sup>**  
**Easter Sunday, March 27<sup>th</sup>**

**FOR YOUR INFORMATION:** Next month's  
newsletter will be available the last week of this  
month.



**HAPPY MARCH BIRTHDAYS!**

2 <sup>nd</sup>	Hilma Stenftenagel
3 <sup>rd</sup>	Florentine Mathias
3 <sup>rd</sup>	Theresia L. Zoglman-St. Charles Health Campus
6 <sup>th</sup>	Ardella Johanneman
7 <sup>th</sup>	Lenora Hanebutt
8 <sup>th</sup>	Faye A. Lee
9 <sup>th</sup>	Eula Limp
12 <sup>th</sup>	Oscar Schroeder
12 <sup>th</sup>	Chester Hanebutt
17 <sup>th</sup>	Thelma Coffey

**AARP NEWS:** The Dubois County Chapter will  
hold their regular meeting on **Wednesday, March**  
**9<sup>th</sup>** at 1:30 p.m. The speaker will be Bob Meyer on  
Federal Income Tax changes for 2005.

Board meeting will be at 12:30 p.m.